



CITY OF COLLEGE PARK SENIORS PROGRAM NEWSLETTER

FOR CITY OF COLLEGE PARK SENIORS

Greetings College Park Seniors,

The COVID-19 (coronavirus) pandemic has caused major disruption to most of our daily lives. It is an unimaginable moment in time. It is a time when each one of us must be vigilant about taking care of ourselves and encouraging all persons that we know to do the same. As mature adults, we have lived through many trying seasons and thrived. We want to also live and learn from this present season. The governor of Maryland has issued a stay at home order to reduce the spread of the coronavirus. Essential jobs, food and medical trips are still permitted.

The Center for Disease Control and Prevention (CDC) has made recommendations to reduce contamination which include: washing your hands frequently, avoiding touching your eyes, nose and mouth, covering coughs and sneezes with a tissue and then discarding, coughing into your arm/elbow and disinfecting surfaces that are frequently touched such as door knobs, light switches, faucets and tables.

Listed below are a few resources that may be helpful during this unprecedented time. Please keep them in mind for you or anyone else who may benefit.

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| • Alerts and resources related to COVID-19 | Text "MDReady" to 898211 |
| • For general questions and resources about COVID-19 | 211 |
| • To <u>register</u> for a free, daily call check for seniors | 1-866-50-CHECK |
| • College Park Meals on Wheels | 301-474-1002 |
| • Report Scams | 410-576-6300 |
| • Verify charity donations, Secretary of State | 410-974-5521 |
| • Mobile Crisis Response for Prince George's County | 301-429-2185 |
| • Prince George's County General Crisis Hotline | 301-864-7161 |
| • Prince George's County Child Protective Service | 301-909-2450 |
| • Prince George's County Family Crisis | 301-731-1203 |
| • Prince George's County Police Non-Emergency | 301-352-1200 |



For the City's current information on COVID-19 visit the City of College Park website:

www.collegeparkmd.gov/covid19

IMPORTANT PHONE NUMBERS

Seniors Program 301-345-8100
Medicare 1-800-633-4227
Social Security 1-800-772-1213

City of College Park Seniors Program Staff

Angie Burns Seniors Program Manager
Fatima Knight Seniors Advocate
Deidre Massey Administrative Assistant
Donna Jones Seniors Social Coordinator

Bus Operators: Marina Guzman
James Eubanks
Joseph Shearin

Overwhelmed?

We're in this together!

Aging adults have had many experiences, some over and over again. We have survived, conquered and accomplished so much. We have surpassed so much in 60, 70, 80 and 90+ years. Continue to be encouraged and encouraging to others.

Stay active, exercise your mind and body, eat healthy most of the time. Find a new purpose each day and get excited! Look forward to gathering again – when the time is right!



**Seniors Program
staff are still
available at
301-345-8100
if you need to
contact us.**

What Can I DO While Socially Isolated?

We are social beings and isolation and quarantine is a challenge. But we can do this, and we must. This can be an excellent opportunity to accomplish some things we never find time to do:

Cooking- Give your favorite recipes to family

Facetime loved ones and sing a long

Dance, exercise, stretch

Crossword & jigsaw puzzles

Call family and friends

Read. Read aloud to others over phone

Write family and friends, Make and send a card or note

Sew, knit, crochet

Scrapbook pictures

Indoor herb gardening

Family tree design for younger generation

Create a bucket list

Collage of magazine and newspaper articles

Voice record memories for younger generation

Play online games such as chess and poker

Download free apps on phone.

Explore Google and YouTube

Gather gently used items for donation pick-up

Gift and send "wanted" no longer used / needed items to loved ones, "just because"

Learn the words to songs you always hum

Sit on porch or by an open window

Listen to birds early morning

Hear the silence at night

Close your eyes. Envision and meditate all that is beautiful and brings you joy



Reflect the amazing times in your life and meditate.

Find reasons to laugh and acknowledge all that you are grateful for. Adjust your everyday schedule to include a modified version of what you love to do. Stay positive and reach out to others.

****The College Park Seniors Program Newsletter is also available for viewing online at**

<https://www.collegeparkmd.gov/seniorsprogram>

in the Social Activities Section

****If you would like to opt out of receiving a paper copy of the College Park Seniors Newsletter, please visit: www.collegeparkmd.gov/cpconnect to sign up to receive it via email monthly.**